

# November 2006 Newsletter

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## Long Distance Series Results

Sunday 29<sup>th</sup> Oct - 15km Judges Bay Race. The course was from Judges bay around Bean Rock to the end of Mission Bay and return.

The race started out windy and wild and got windier and wilder as the day went on ... and then it started raining. A couple of swimmers in this one (more later).

Results to date;

1. Paul Wilford
2. Tim Grammer
3. Garren Cooper

## North Shore City Beach Series

Don't forget the registration evening will be on Thursday Nov 2<sup>nd</sup> at the Takapuna Yacht Club.

The North Shore City Beach Series will start on Tuesday November 7<sup>th</sup>. There will be 16 race series this year.

## KOH

King of the Harbour will run on the 24<sup>th</sup> and 25<sup>th</sup> of March 2007. Keep watching for more details.

## The Next Weekend Race @ Fergs Kayaks

The next weekend race (not NSCC) is on Sunday 5<sup>th</sup> November 9am 10km at Fergs Kayaks.

## Deadly Secret Training & Racing Tips

### Basic Rules for Training

So you are new to the sport or have been around a few years but want to maximise the benefits of the training you do. And like most paddlers you have a limited budget when it comes to how much time you can spend training each week. Here are some simple rules to help you along your way;

**Rule 1) Set up a training schedule.** Consistency is key here. You may only train twice a week (the very minimum) or as much as 6 days a week but the schedule needs to be planned and consistent. This is so you can track your improvement over time. I.e. how can you know if you are improving (feeling less tired for the same efforts) if your schedule varies every single week? In it

simplest form your training schedule will also cater for the time of year; winter being the endurance period (long distance aerobic work) and summer racing season (speed endurance).

**Rule 2)** When you are out training do **structured efforts** (not just paddling around). This means exercises like Ladders (10 strokes hard – 10 easy, 20 hard – 20 easy ... all the way up to 100 strokes and back down again), timed efforts (e.g. 6 x 10 minutes on with one minute off), set course efforts (e.g. 2km hard 1km slow), or time trials (3km, 5km, 10 km etc).

As a guide one weeks training should consist of one or more of the following;

- One long distance paddle of 1.5 to 2 hours of aerobic effort (timed efforts or ladders).
- One medium distance speed endurance session of 1 to 1.5 hours.
- One max effort session which is a race or a time trial of 15 to 60 minutes (vary the distance each week; 3km, 5km, 10km).

**3) Other stuff** that will help;

- If you can, train with others of similar or better ability (to keep you honest).
- Practice wash riding with other paddlers (e.g have turns at leading the 10minute efforts).
- If the training session is to chase some runners then do some efforts when you are paddling out into the head wind (ladders or timed efforts).
- As a rule a race is better than training. In races you can practice your preparation (warm up etc), you will always push yourself harder in a race, and you will gain experience paddling in a close bunch turning buoys etc.

If you have never had a structured training schedule before I recommend you go and see Alan at Fergs Kayaks. For a reasonable cost Alan and Ian will help you put together something that will suit your needs.

## Pic of the Week

How close was Ben to the silver and gold at the recent world champs ...

